



# Karihwios

## 2017 Winter Carnival Fun for all Ages



Dodge Ball. Photo: Crystal Diabo

By Brandon Etienne

After the great success of the 2016 Winter Carnival, it was decided that this needed to continue. So with the support of the Kanesatake Health Center, the Child and Youth Services team, in collaboration with the Mohawk Council of Kanesatake and Crime Prevention, put together two weeks of activities for the community.

The fourteen different activities held throughout the two weeks were designed to give all ages a chance to participate during the carnival. Some of our traditional events were included, like Broom ball, Ice Fishing, and Blind Volleyball, but we also decided to add a few new events like Dodgeball and Badminton.

We kicked off the carnival with **Broom ball** on Friday, February 3<sup>rd</sup>. Three teams were made. All the teams were evenly matched, however, the Blue team seemed to have the slight advantage over the other teams. After dominating in the round robin, the Blue team advanced right into the final awaiting the outcome of the semi final between R.E.D. and the Warriors. In a tight game, the Warriors prevailed. In the championship game both teams seemed to be playing at an even pace with each getting their chances. In what turned out to be a game of inches, the Warriors prevailed with the game winning goal coming on a penalty shot. It was a great tournament.

On Sunday the **Ice Fishing Derby** was held. It turned out to be the most participated-in event with 70 people. There were

multiple fish caught, however, most of them belonged to the same team. **Jake Guindon, Maegan Nelson Johnstone, and Aiden Guindon** managed to catch the most fish, biggest fish, and smallest fish. Congratulations to all the participants that braved the weather and stuck it out to the end.

During week-one of the carnival, the events held were the **PS3 Tournament** on Monday, in which **Andrew Simon** beat out the other 16 participants, **Adult, Youth and Kids Ball Hockey**, and **Family Badminton**. All the participants competed hard during these events. It was also great to see the amount of families that came out to try badminton.

On Saturday February 11<sup>th</sup> we held the much improved **Obstacle Race**. To give you an idea of how much bigger this year's course was, last year's best time was 6 minutes, this year's best time was 27 minutes! 29 people put their bodies to the test braving the elements, testing their strength doing tractor tire flips, carrying ice buckets up hill, and pulling their teammates 50 yards. However in the end **Kevin (The Flash) Simon** put up the fastest time winning the solo male category, **Shylo Hunter** won the Female Solo category, **Ava Gabriel and Owen Rice** won the Duo Category and **Travis Etienne and family** won the Family Category. Each category won a free month at Kanesatake Crossfit.

On Sunday February 12<sup>th</sup> was the 2<sup>nd</sup> annual **Polar Plunge**. This year's beneficiary was the Grade 11 graduating class from Ratihente. Like the obstacle course, we stepped it up a notch. This year the plungers jumped into the lake!! We had 12 plungers risk

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The deadline for the  
**May/June** Issue of  
Karihwios is:

Wednesday, April 26, 2017

**karihwios@hotmail.com**

**Look for the Kanesatake Health Center on**

**Facebook!**



**The new toll-free number for the First Nations and Inuit Hope for Wellness Help Line is 1-855-242-3310**

## Health Center News

**A** while back, a survey was mailed out with Karihwios regarding our last Annual Report. Five hundred and ten were mailed out and another 25 were given to KHC employees. We received 15 completed surveys, the results were very positive and we thank all those who took the time to fill them out. Eleven names went into the draw for a \$50 gift card. The winner of the gift card was Shirrillean Nelson.

The KHC welcomes **April Kibbe** to the team. She is the new Family Support Worker for our Child and Family Support Services Department. She began her new job at the end of January and if you haven't seen her out and about the community yet, you will soon.



## Wellness Report

Submitted by Tanya Denis, Diabetes Prevention Support Worker

Information source by Pamela Peeke M.D, M.P.H F.A.C.P

### DAILY REGROUPING REPORT

If your plan gets off track today... What happened and how did you get your eating habits or training & exercise back on track?

### DAILY STRESSES

If you had a stressful day, what happened? Did you deal with the stress in a POSITIVE WAY?

Did you take recovery time throughout the day? Did you do some relaxation techniques?

### DAILY JOY REPORT

MY DAILY JOY WAS:

If you didn't enjoy yourself today, please do so tomorrow!

### DAILY GRATITUDE

WHAT are you grateful for in your life today?



We also welcome into the community a student from the Universite de Montreal, **Denisse Puma Saavedra**. She is already an RN and working in her field at St. Luc Hospital in Montreal but she is also finishing up her baccalaureate and will graduate in May. She will be at the health center for 25 days learning about the community aspect of nursing. You may see her at Learn and Play or with the Home Care Team or among the staff of any of our other programs. Denisse says, "I have always had an interest in different cultures and may want to work up north in a First Nations community." She has already visited at the Parents and Tots program.

Please do something good for the planet, this Earth day, April 22nd. Clean up the yard, reduce, reuse, recycle, fix those leaky pipes, take a garbage bag and pick up the trash at the school, or the Pines, or the elders home. It makes the community look nice and it's great exercise.

# Mini-Mohawk

## Lesson

Courtesy of Tsi Ronterihwanónhna ne  
Kanien'kéha Language and  
Cultural Center

### Tsi Nonwéhson—Places

#### **Kahnawá'ke**

(On the rapids)

#### **Ahkwesásne**

(Where the partridge drums)

#### **Cornwall**

#### **Tsi Kanatien**

(Where the town is)

#### **Hogansburg**

Tekahswen'karó:rens

(At the saw mill)

#### **Kanién:ke**

(Place of the flint)

#### **Tyendinaga**

(Two woods together)

#### **Tiawerò:to**

St. Lucie/Doncaster

(Where the winds blow)

#### **Pointe Claire**

Kohsatens Karà:ken

(At the white horse)

#### **Gibson**

Wáhta

#### **Ohswé:ken**

Six Nations

## Women's Wellness

Submitted by Tanya Denis, Diabetes Prevention Support Worker

### HEALTH/WELLNESS BENEFITS

Here are some vitamins and minerals that a female body needs for peak health. You can get many of these vitamins by eating them in food or in a multivitamin form.

### FAT SOLUBLE VITAMINS

#### Vitamin A

**PLANT SOURCES:** dark coloured fruits and leafy vegetables (carrots, winter squash, spinach), which the body converts into vitamin A.

**ANIMAL SOURCES:** low fat or fat free milk, eggs, low fat or fat free cheese, chicken.

#### Vitamin D

Fatty fish, such as, salmon or fish oils, low fat or fat free milk (dairy or soy) fortified orange juice, cereals enriched with vitamin D.

It is essential for bone and teeth formation, helps calcium and phosphorus get into bones, prevents osteoporosis, boosts immune function. Sunlight is also a source of Vitamin D.

#### Vitamin E

Vegetable oils, nuts & seeds, wheat germ, whole grains

It is a protective antioxidant, it boosts your immune system and helps form blood cells and nerve tissue.

### WATER SOLUBLE VITAMINS

#### Vitamin C

**Best Sources:** citrus fruits, tomatoes, green peppers, cabbage, green vegetables, mangoes, strawberries, cantaloupe, broccoli, cranberry juice.

#### Vitamin B1 (thiamin)

Found in whole grains, pork, sunflower seeds, beans, seafood.

Energy production from carbohydrates, forms red blood cells, maintains skeletal muscle.

#### Vitamin B2 (riboflavin)

Lean meats, fish, almonds, whole grains, low fat or fat free dairy products, dark green leafy vegetables, enriched breads, whole grain cereals, pasta whole grain. Helps in energy production, maintains healthy eyes, skin, nerves.

#### Vitamin B3 (niacin)

Found in whole grains, low fat or fat free dairy products, lean meats, poultry, fish, nuts, broccoli, peas, beans, brewer's yeast. Helps in energy production, maintains healthy brain function, proper blood circulation, and healthy skin.

# Health Center Calendar: **MARCH**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLINIC DATES ARE SUBJECT TO CHANGE OR CANCELLATION			1 Dr. DeBroux	2	3	4
5	6 Dr. Moisan	7 Dr. Saylor Blood Clinic 7:00-9:00 am	8 Dr. DeBroux	9 Dr. Moisan	10 Dr. Saba Dietician, Vinita Rawat	11
12	13 Dr. Moisan	14 Blood Clinic 7:00-9:00 am	15 Dr. DeBroux	16 Dr. Moisan	17	18
19	20 Dr. Moisan	21 Dr. Saylor Blood Clinic 7:00-9:00 am	22 Dr. DeBroux	23 Dr. Moisan	24 Dietician, Vinita Rawat	25
26	27 Dr. Moisan	28 Blood Clinic 7:00-9:00 am	29 Dr. DeBroux	30 Dr. Moisan	31 Dr. Saba Dietician, Vinita Rawat	

# Health Center Calendar: **APRIL**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLINIC DATES ARE SUBJECT TO CHANGE OR CANCELLATION						1
2	3 Dr. Moisan	4 Dr. Saylor Blood Clinic 7:00-9:00 am	5 Dr. DeBroux	6 Dr. Moisan	7	8
9	10 Dr. Moisan	11 Dr. Saylor Blood Clinic 7:00-9:00 am	12 Dr. DeBroux	13 Dr. Moisan	14	15
16	17 CLOSED	18 Blood Clinic 7:30-9:00 am	19	20 Dr. Moisan	21 Dr. Saba	22
23/30	24 Dr. Moisan	25 Blood Clinic 7:00-9:00 am	26	27 Dr. Moisan	28	29

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# What is Depression?

Taken from Public Health Agency of Canada

Submitted by Gloria Nelson, Mental Health & Wellness Manager

Everybody goes through “ups and downs” in their lives. Sometimes we use the term “depression”, or “depressed” to describe these everyday feelings. But the normal experiences of life shouldn’t be confused with the serious medical illnesses known as mood disorders. There are different kinds of depressive mood disorders, including bipolar disorder (manic-depressive illness), perinatal depression, but clinical depression, or major depression is the most common mood disorder.

Mood disorders are one of the most common mental illnesses in the general population. Mood disorders are very real illnesses that can have serious and sometimes fatal results. They affect the entire body and not just the mind. Their physical symptoms can range from fatigue to stomach complaints or muscle and joint pain. Many people never realize that they are suffering from depression.

## What Causes Mood Disorders?

Mood disorders have no single cause, but several risk factors interact to produce the clinical symptoms of the various mood disorders. Individuals with depression and bipolar disorder often find a history of these disorders among immediate family members. Many different genes may act together and in combination with other factors to cause a mood disorder. Research is getting closer to identifying the specific genes that contribute to depression.

Recent research suggests that stress may only predispose individuals for an initial episode, but not for recurring episodes. Some individuals are more susceptible than others to depression following traumatic life events, when in difficult or abusive relationships or as a result of socio-economic factors, such as, income, housing, prejudice and workplace stress. A strong association exists between various chronic medical conditions and an increased prevalence of major depression. Several chronic medical conditions, such as stroke and heart disease, obesity, Parkinson’s disease, epilepsy, arthritis, cancer, AIDS, chronic obstructive pulmonary disease (COPD), and dementia and Alzheimer’s disease may contribute to depression. This association may result from physiological changes associated with these conditions, such as changes in various neurotransmitters, hormones and the immune system, or from associated disability and poor quality of life. People who cope with more than one medical condition may be at particular risk for depression. Effective treatment of chronic physical illness includes the assessment, early detection and treatment of depression.

## What are the Symptoms of Depression?

Each person is different and will have unique symptoms, but here are some of the more common symptoms of depression:

- Depressed mood
- Feelings of guilt, worthlessness, helplessness or hopelessness
- Loss of interest or pleasure in usually-enjoyed activities
- Change in weight or appetite
- Sleep disturbances
- Decreased energy or fatigue (without significant physical exertion)
- Thoughts of death
- Poor concentration or difficulty making decisions

If you or someone you know has had any of these symptoms most days for more than two or three weeks, contact your doctor, or a registered mental health professional to discuss the symptoms. **If you or someone you know is having recurring thoughts of suicide it’s very important that they get medical help right away.**



their bodies to help out the grade eleven students. When all was said and done a total of \$1700 was raised for the Graduates!!!

Week-two of the carnival had events like Adult, Youth, and Kids **Lacrosse**, **Blind Volleyball**, and **Dodgeball**. It was great to see Lacrosse being played in the winter. The Kids were fun to watch, as they are the future players for our community. Blind Volleyball is always one of the diverse events. We had 12 year olds playing with 50 year olds. It's always great to see an event where you can put such an age difference together. One of the new events was Dodgeball and it didn't disappoint. We had 23 youth come out for their tournament and 32 participants for the 15+ tournament. It turned to be more of an "experience" game as the team that won was the older group.

All these events led up to the **Variety show and Award Gala**. We had some great talent perform during the variety show from singers to dancers. It was a great show to watch. After the Variety show we held the Award Gala. We presented all the winners with their trophies and we announced the much anticipated winner of the **Scavenger Hunt** which took place throughout the winter carnival. This year's winners were the **Etienne Clan**, Travis Etienne, Melissa Simon, Brianna, Tanner and Ryder Etienne, Joanne Etienne, Melody Beaudin, and Celina Goodleaf.

To run an event like this takes a lot of hard-work. I'd like to give a big **thank you to my C.F.S. team Crystal Diabo, Dave Belisle, Kevin Nelson, Jadyn Lauder, Crissann Thompson, April Kibbe, Aaron Cree, and our manager Karennahawi McComber**. Also to the **Kanesatake Health Center** for hosting the event. We would also like to thank **Big Chiefs Variety, Rez Mart, Mohawk Gas Bar, and Kanehsatake Crossfit** for their donations. Thank you to **Moccasin Jo** for providing coffee, hot chocolate, and tea for the events, **Watsenniostha Nelson** for the sandwich platters, **Crime prevention** for hosting the Kids Hockey, **Centre de peche Simon** for the ice fishing, **T.M. Design** for the shirts, **Russel Denis** for helping to organize the Polar Plunge, **Trophee Promo Plus, MCK** for the use of the gyms and the use of the public works equipment, and **anyone else who helped** plow snow, ref broom ball, helped making the ice, or helped with anything at all or I may have forgotten. We appreciate all that came out to participate or watch during the events and finally a big **Nia:wen** to all **Kanesatakeronon** for making our community great.





# Local Area Clinics

## **Polyclinique Saint-Eustache**

75, rue Grignon  
Saint-Eustache (Québec)  
J7P 4J2

Tél. : 450 473-6777  
Télé. : 450 473-1916

For a **SAME DAY** clinic appointment  
Starting at 5:00 am

**Call (450) 970-2697**

## **GMF Montée de la Baie**

3942, chemin Oka  
Saint-Joseph-du-Lac (Québec)  
J0N 1M0

Tél. : 450 473-7225 ou 450 473-3930  
Télé. : 450 473-2160

For an appointment the **NEXT DAY**  
starting at 9:30 PM

**Call (450) 970-2693**

## **Clinique Médicale Deux-Montagnes**

201, 9e Avenue  
Deux-Montagnes (Québec)  
J7R 3M1

Tél. : 450 472-7520  
Télé. : 450 472-0886

For an appointment the **NEXT DAY**  
Starting at 10 :00 pm

**Call (450) 970-2692**

## **Centre Médical des Génération**

465, rue Bibeau, bureau 200  
Saint-Eustache (Québec)  
J7R 0C8

Tél.: 450 472-1955  
Télé. : 450 472-1905

For a **SAME DAY** appointment  
Starting at 7 :00 am

**Call (450) 970-2695**

## **Unité de médecine de famille Saint-Eustache CSSS du Lac- des-Deux-Montagnes**

57, boul. Industriel, bureau 2200  
Saint-Eustache (Québec)  
J7R 5B9

Tél. : 450 491-6001  
Télé. : 450 491-7311

For a **SAME DAY** appointment  
call Starting at 8:00 am  
**(450) 491-6001**

## **Polyclinique 640**

2000, Cours le Corbusier  
Boisbriand (Québec)  
J7G 3E8

Tél. : 450 434-3434  
Télé. : 450 434-6494

For a **SAME DAY** clinic appointment  
Starting at 5:30 am

**Call (450) 970-3034**

## **Centre Médical Sainte-Dorothée**

1, boul. Samson  
Laval (Québec)  
H7X 3S5

Tél. : 450 689-6334  
Télé. : 450 689-6339

## **CLSC Sainte-Rose**

280, rue Roi du Nord  
Laval (Québec)  
H7L 4L2

Tél. : 450 622-5110  
Télé. : 450 622-5085

## **Polyclinique Concorde**

300, boul. de la Concorde Est  
Laval (Québec)  
H7G 2E6

Tél. : 450 667-5310

## **Polyclinique Médicale Fabreville**

380, boul. Labelle bureau 113  
Laval (Québec)  
H7P 5L3

Tél. : 450 628-5800  
Télé. : 450 628-0217

## **Clinique Médicale Sainte-Thérèse**

233, rue Turgeon bureau 15  
Sainte-Thérèse (Québec)  
J7E 3J8

Tél. : 450 430-1030  
(urgence – sans rendez-vous)

Tél. : 450 430-4301 (médecine fa-  
miliale)

## **Clinique Médicale de l'Avenir**

1150, boul. de l'Avenir bureau 200  
Laval (Québec)  
H7N 6L9

Tél.: 450 680-1150  
Télé.: 450 680-1151

## **Centre Médical Jolibourg Inc.**

1271, boul. Jolibourg  
Laval (Québec)  
H7Y 1Z8

Tél. : 450 689-2424

**TINY TOTS CLINIC**  
203-3400 du Marche  
DDO, QC  
H9B 2Y1

**Tel: (514) 685-3531**  
**Fax: (514) 685-7971**

**Walk-in Clinic appointments**  
**Tel: (514) 685-3531**



# Elders Luncheon, at Home and Away!

Every Wednesday, you can find many of our community elders at Kaniatarak'ta Riverside Elders Home where the Kanessatake Health Center sponsors their weekly luncheon. These gatherings are full of laughter, friendship, and great food at no cost to our elders. If you are a community elder and haven't yet attended the luncheon, they are held every Wednesday, with the meal being served around 11:30 am. For more information you can speak to Tanya Denis at the health center (Ext. 224). In addition to the regular elders lunch, there is an annual excursion to a sugar shack. On March 15th, the elders went to Cabane a Sucre du Mont Bleu where they were treated to a great meal and entertained by Billy Gabriel.



## Old Age Security and Canada Pension

### Plan payment dates 2017

**March 29      April 26**

**May 29        June 28**

**July 27        August 29**

**September 27    October 27**

**November 28    December 20**

## Products and Materials that Come into Contact with Drinking Water

Taken from Health Canada

Submitted by Tim Cree, Water Monitoring Technician

Through its treatment and distribution, drinking water comes into contact with many products and materials that can have an impact on its quality. Treatment additives are used to make the water safer (e.g., disinfectants to inactivate microorganisms), drinking water system components are used to carry the water to the consumer (including pipes and fittings), and drinking water treatment devices are used to treat the water, often at the point of consumption (e.g., pitcher-type water filters, reverse osmosis units). Some of these products and materials are used and/or installed by municipalities, while others are purchased by the general public.

Although these products and materials are not currently regulated at the national level, Health Canada recognizes the importance that they be effective and safe. To that effect, Health Canada works with national and international standard-setting organizations to develop health-based standards for materials that come into contact with drinking water.

### Health-based standards

Some standards for drinking water materials are health-based, while plumbing standards focus on installation requirements. Health Canada is primarily involved in the development of health-based standards for all types of drinking water materials and of health-based performance standards for drinking water treatment devices.

Health-based standards have been designed to safeguard drinking water by helping to ensure the material safety and performance of products that come into contact with drinking water. These types of standards are primarily developed by NSF International/American National Standards Institute, and include:

#### Health-based standards:

- NSF 60 - Drinking water treatment additives - Health effects
- NSF 61 - Drinking water system components - Health effects

#### Health-based performance standards:

- NSF 53 - Drinking water treatment units - Health effects
- NSF 55 - Ultraviolet microbiological water treatment systems
- NSF 58 - Reverse osmosis drinking water treatment systems
- NSF 62 - Drinking water distillation systems

**Contact us****(450) 479-6000****Contactez-Nous**

NAME	MANAGEMENT POSITION	EMAIL	EXT/CELL
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Crissann Thompson	Family Support Worker	c.thompson@knesatakehealthcenter.ca	287

# Announcements



**Delleah Simon**  
1946-2016

*We would like to thank all the family and friends and community for their caring and generosity...so that our mother Delleah could find her wings to join her family up above in Heaven.*

*Rolland Mallette (husband)  
Evelyn, Jaqueline, Nathalie,  
Manon-Alice*

*To her sister Sarah, her brother Freddy, Thank you for all of your help and support.*

*With love, the family*

## Health Center Birthdays

**Peggy Jacobs**  
March 3

Happy birthday from the people  
you clean up after : )

**Wayne and Earl Nelson**  
March 19

Happy birthday!  
From your Mother

**Skyler Nelson Baker**  
March 28

Happy birthday!  
From your Tota

**Joe Nelson**  
March 17

Happy birthday!  
from Jessie



**Tehoronhihnhnen**  
March 13

Happy 1st Birthday to our smart, handsome & energetic boy Tehoronhihnhnen. Watching you grow & learn everyday brings so much happiness into our lives. We love you so much Suggy Bear.

Love Mommy & Daddy  
xoxox



**Tehoronhihnhnen**  
March 13

Happy 1st birthday Tehoronhihnhnen! Can't believe a year has gone by.

Love you lots,  
Ma (Crystal), Baba (Dave),  
Rose, Flower, Si & Oscar



**Rose**  
March 15

Happy Birthday to our Beautiful Rose,  
we love you very much.

Mom and Dad



**Teharonhiakhwa**  
March 8

Happy 19th Birthday to our handsome son  
Teharonhiakhwa, we love you very much.

Mom and Dad



## March

Juvenile Arthritis Awareness Month

National Colorectal Cancer  
Awareness Month

National Nutrition Month

International Women's Day  
March 8

World Water Day  
March 22



March 7, 21



March 3, 17, 31

## April

Daffodil Days Cancer Awareness

Oral Health Month

World Health Day  
April 7

Easter Monday  
April 17

Earth Day  
April 22



April 4, 18



April 14, 28

*Leaves will be picked up:*  
April 20, 27

### Emergency Phone Numbers

Fire and Ambulance:  
911

Police Emergency:  
310-4141 \*4141 (cell)

Police Non-emergency  
(SQ office) (450) 479-1313

Karihwi:ios serves to distribute health information from the Kanesatake Health Center to the community of Kanesatake. Karihwi:ios provides a positive forum from which to honor the achievements of community members.

Karihwi:ios promotes community services, their activities, and accomplishments. It advertises and promotes upcoming special events and activities to be held in and around Kanesatake.

## Amiquebec Support Groups

*For family, friends, and people living with mental illness*

ANXIETY  
April 3rd

BIPOLAR DISORDER  
May 1st

DEPRESSION  
April 24th

HOARDING  
May 1st

OBSESSIVE COMPULSIVE DISORDER  
April 24th

For more information visit [amiquebec.org/support](http://amiquebec.org/support)  
(514) 486-1448 [info@amiquebec.org](mailto:info@amiquebec.org)

ONE-TIME WORKSHOPS (*At AMI, for families*)

**Skills for Caregivers:** Thursday, May 18th, 7:00-9:00 PM

**Resilience:** Thursday, April 20th, 7:00-9:00 PM

For more information or to register for a workshop

[amiquebec.org/workshops](http://amiquebec.org/workshops)